

Fat-Soluble Vitamins			
Vitamin	Actions	Sources	Possible Effects of Taking Too Much
A (retinol, retinal, retinoic acid)	Needed for vision; maintains healthy skin and mucous membranes; key to immunity, tissue repair, bone growth and the development of embryos; acts as an antioxidant (protects the body from damaging substances called free radicals)	Liver, fish, dairy products, egg yolks, carrots, sweet potatoes, tomatoes, fortified breakfast cereals	<p>Nausea; vomiting; headache; dizziness; blurred vision; clumsiness; birth defects; liver problems; possible risk of osteoporosis</p> <p><b>NOTE:</b> You may be at greater risk of these effects if you drink high levels of alcohol, or you have liver problems, high cholesterol levels or don't get enough protein.</p>
D (calciferol)	Helps your body absorb calcium and phosphorous; may help prevent fractures from osteoporosis; prevents rickets and osteomalacia (diseases that cause weak bones); helps immune system function	<p>Saltwater fish, eggs from hens that have been fed vitamin D, fortified milk products and fortified cereals</p> <p><b>NOTE:</b> Vitamin D is also made in your body after you've been in the sunlight.</p>	Nausea; vomiting; poor appetite; constipation; weakness; weight loss; confusion; heart rhythm problems; deposits of calcium and phosphate in soft tissues
E (tocopherol)	Acts as an antioxidant; helps blood flow; helps repair body tissues	Fish, milk, egg yolks, vegetable oils, nuts, fruits, peas, beans, broccoli, spinach, fortified cereals	<p>Risk is low</p> <p><b>NOTE:</b> If you take blood thinners, talk to your doctor before taking vitamin E pills.</p>
K	Important for blood clotting and forming bones	Cheese, spinach, broccoli, brussels sprouts, kale, cabbage, tomatoes, plant oils, margarine	<p>None reported</p> <p><b>NOTE:</b> If you take blood thinners, talk to your doctor before taking vitamin K pills.</p>